BENGALURU, MONDAY, DECEMBER 27, 2021 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 28 | Min 14 | Humidity 50% Generally cloudy sky. Misty morning Sensex 57,124 | Nifty 17,003 | Gold 48,140 | Silver 62,319 | Dollar 75.07 | Euro 84.92 | GBP 100.59

LIGHTS OUT: NO CHEER AT THE END OF THIS YEAR
THE PARTY IS OVER
Pubs, clubs, restaurants left shell-shocked by night curfew
>> The night is long and dark for small biz
PAGE 4

Prioritise children with comorbidities and focus on vaccination campaigns in schools and colleges, doctors suggest

VAXXWORKS

43 lakh children eligible for jabs in Karnataka

Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

It is critical to focus on children with comorbidities first for vaccination against covid-19, health professionals in the city told Bangalore Mirror. Karnataka health minister Dr K Sudhakar estimated that around 43 lakh children are eligible for vaccination in the state after Prime Minister Narendra Modi on Saturday announced that covid-19 vaccination for children aged between 15 and 18 years shall begin on January 3.

Dr K Sudhakar clarified the state government is waiting for the Centre's guidelines to proceed with the process.

"Detailed guidelines regarding the rollout plan will be released by the Centre soon. As far as vaccines for children are concerned, two vaccines, one from Zydus Cadila and one from Bharat Biotech, have been approved. A nasal vaccine from Bharat Biotech is awaiting approval. Operationally, Karnataka is ready to implement the rollout plan with existing infrastructure and logistics. We have to wait for Centre's guidelines, however, to see which vaccine will be used for children, who will be prioritised among healthcare workers, frontline workers and senior citizens who are enlisted for booster shots starting from January 10," Dr Sudhakar told BM.

CONTINUED ON PAGE 6 >>

"A staggered approach is reasonable; first vaccinating the vulnerable with comorbidities followed by others. Children of all ages need two doses 28 days apart..." — Dr Srikanta JT, Covid-19 pediatric expert committee

Walkers Talkers

Regulars at Cubbon Park protest, seeking restriction of access for vehicles, pets and clubs

Melvin Mathew
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMIRROR

Cubbon Park Walkers' Association demanded increased restriction of access to the park premises — to keep away clubs, pets, and vehicles from the park.

The association held a protest in Cubbon Park on December 25 calling for stringent regulations as seen in Lalbagh 'in a bid to protect the heritage of the city'.

The protestors alleged that Cubbon Park is no longer a haven for walkers. According to the association, while walkers try to find solace in the green space, they have to be wary of agitated dogs, vehicles and unwanted objects on the ground, always.

"Cubbon Park and Lalbagh are the lungs of the city but the unrestricted access is slowly destroying these green spaces. Vehicular movement is tampering with the sanctity of the environment. We demand that Cubbon Park have stringent access restrictions like in Lalbagh to prevent further damage," said Sunitha Reddy, lecturer at PES college and a member of the association.

The walkers further noted that multiple clubs are sprouting in the area and encroaching on the space. "The environment that most Bengalureans like about Cubbon Park is under threat with so many clubs coming up in the vicinity. This leads to increased pollution due to construction in the area and potential for more building

CONTINUED ON PAGE 6 >>

3 THINGS TO DO

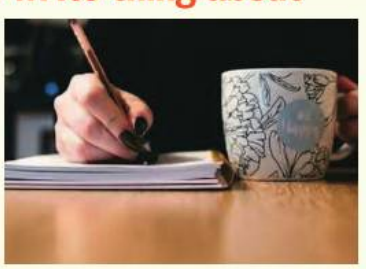
01 Musically divine

Dhruv Arts is hosting the London International Arts Festival, virtually. The festival will open with two carnatic music presentations featuring artists from Bengaluru and Chennai. The festival will be a five-day affair with two events per day. For the ending, a grand finale will he hosted by a 24-member orchestra, the Bangalore String Ensemble. All events will be streamed free of cost on LIAF's youtube page. All presentations are curated by the Indian violinist Dr Jyotsna Srikanth.
When: December 27 to 31; Where: Online FREE

02 Shopping alert

Karnataka Chitrakala Parishath is organising the Bangalore Arts and Craft Mela. The exhibition will display ethnic and contemporary arts and crafts, clothing, handloom sarees, jewellery, home décor, furniture, and handicraft products direct from the artisans and craft persons from across India. You can even get to directly interact with the artisans and know the story behind each product. Besides the bazaar, there will be fun activities like live music performances, workshops, and more.
Where: Karnataka Chitrakala Parishath, Seshadripuram; When: Till Jan 2

03 The write thing about dance



The Attakkalari India Biennial 2021-22 is hosting a virtual session on the craft of dance writing in January '22 called Writing on Dance Lab. To be held virtually from January 8 to 17, the intensive is designed for individuals who are interested in engaging in methods of documenting, writing, and archiving dance. Eight selected participants will be mentored by acclaimed German dance journalist and critic Melanie Suchy with dance practitioner and researcher Meghna Bhardwaj coordinating the entire workshop. **Register by Dec 27, www.attakkalaribiennial.org/writing-on-dance. For queries: ligament@attakkalari.org**

Electrifying update

After over six months of delay, CM to finally launch electric BMTC buses on Monday

Naveen Shivanna
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

A electric bus decked up with flowers for the launch

The corporation recently unveiled electric non-AC buses which are to be deployed as Metro feeder services

The electric and BSVI buses will finally hit the city roads on Monday, after over six months of delay. Chief Minister Basavaraj Bommai will officially launch the fleet of buses.

BMTC may operate 25 electric and 50 BSVI buses, it is said. The corporation is planning to purchase 565 buses from Ashok Leyland. All these buses should be deployed to serve by February next year. Sources within BMTC said that the corporation has been procuring the buses from the amount that was reserved to buy buses in 2017-18.

BMTC officials said that these buses are good for the environment and boast a higher engine capacity (197HP) compared to the BSIV buses. It is said that measures are being taken to prevent fires in these buses.

Officials claimed that BMTC was the first urban transport body to buy BSVI buses in the country. As a precursor to their deployment, senior officials inspected the buses on Saturday. According to officials, the introduction of BSVI-compliant vehicle standards was a revolutionary step towards reduction of vehicular pollution. BSVI helped reduce pollution caused by vehicles. BSVI fuel reduces the nitrogen oxide emission by 70 per cent in diesel cars, by 25 per cent in petrol cars and reduces particulate matter (PM) in vehicles by 80 per cent.

Electric buses

Recently, the corporation unveiled electric non-AC buses which are to be deployed as Metro feeder services. BMTC has floated and finalised tenders to procure nine-metre-long non-AC electric buses for metro feeder service on gross cost contract (GCC) model under the Bengaluru Smart City scheme.

The Bengaluru Smart City Limited (BSCL) will be providing financial assistance of Rs 50 crore for the operation of 90 electric buses. An incentive of Rs 50 lakh, per bus (Rs 45 crore for 90 buses), will be provided by the bidder and Rs 5 crore will be utilised by BMTC for installation of charging infrastructure.

The tender has been finalised and issued to NTPC Vyapar Vidyut Nigam at GCC rate of Rs 51.67 per kilometre with electricity for 180 assured kilometres for a period of 10 years.

These electric buses will have a seating capacity of 33 seats (excluding driver) and buses will be supplied by JBM (consortium partner). The 90 buses will be operated by Yeshwanthpur, KR Puram and Kengeri depots.

The buses boast the capacity of operating 120 kilometres with a single charge and a charging time of 45 minutes will be provided.

Recently, trial runs had been conducted for the electric buses at the Kengeri depot. There are plans to induct 300 12-metre-long buses in the second phase of the project.

A RESPONSE CONNECT INITIATIVE

CM urges youth to work with govt, fight drugs

Actor R Ram at Vidhana Soudha to support the cause

Chief Minister Basavaraj Bommai urged youth in state to join hands with the government and participate in the war against drugs on Sunday. "Karnataka would be completely free from the drug menace if we had cooperation from the youth," the CM said.

He was speaking at Vidhana Soudha after inaugurating the Karnataka Against Drugs campaign. This socially critical initiative is launched by Vijay Karnataka (sister paper to Bangalore Mirror), the highest read daily in Karnataka.

Emphasising on the need to eradicate the drug menace, Bommai said that he instructed the police to install CCTVs around all prominent colleges.

"Similarly cameras must be installed within the college campuses and hostels too. Stringent action will be taken against those who sell drugs in and around college campuses and those who use the drugs." Karnataka has declared a war against drugs.

The state tops the country in the quantity of drugs seized and destroyed. "We will wage a relentless war against drugs. Some foreign nationals staying in Bengaluru have been found to be engaged in drug peddling. Stringent action is being taken against them. NDPS act is being used to crush the drug menace. Dark Web has been penetrated for the first time in Karnataka.

Drug supply from abroad is being prevented," Bommai said. Appreciating the Vijay Karnataka's initiative, he said that the newspaper is in the forefront of displaying social responsibility. "This Vijay Karnataka campaign against drugs must be taken to every home. The youth need to take a pledge of not using and neither allowing others to use the drugs. I urge the youths to register themselves to be part of the Vijay Karnataka campaign against drugs," Bommai said.

Home Minister Araga Jnanendra, Revenue Minister R Ashoka, Ranjeet Kate, CEO, Bangalore Mirror and Vijay Karnataka, educationist MR Doreswamy, Golden Star Ganesh, Rachita Ram and others were present at Vidhana Soudha to express their support for the campaign.

TRACKING THE DRUG TRAIL

Cops keep eye on ex-peddlers who are lapsing into crime to track new criminals, customers

| Pragna L Krupa
pragna.krupa
@timesgroup.com
TWEETS @Pragna_MIRROR

Drug peddlers who have done their time, better stay clean. City police are keeping an eye on former drug peddlers who were released from prison to keep a check on their activities. Anybody who gets back to their old ways, is tracked down. This process has also helped the police catch many peddlers red handed along with the newbies and customers.

Additional commissioner of police East S Murugan told Bangalore Mirror that under all the DCPs, teams have been formed to trace peddlers to put an end to the drug menace in the city. "We are tracing old offenders who are slowly getting back to peddling and we have also been tracking new peddlers. We are taking strict action against peddlers and are booking them while first-time consumers are being counselled at the station level to be reformed. Old offenders who would have slowly resumed drug peddling are being tracked down along with their links to the new peddlers," he said.

DCP North Vinayak Patil said that they have a long list of former peddlers of which many have left the dirty business. "Some peddlers would have gotten back to peddling whom we are trying to identify. We have teams formed at the station level who check about the drug activities in their jurisdiction as well as monitor the old offenders. We watch their activities and we would know if they get back to peddling," he said. He said some peddlers who have come out on bail start peddling while some do so after completing their term in prison. "If they are caught with synthetic drugs, it is difficult for them to get bail or come out soon. We are focusing more on customers and are trying to track their sources which is leading us to the peddlers. We have cracked down on many peddlers and seized huge amounts of drugs," he said.

A senior officer said that due to the pandemic many people are not able to get jobs and are finding ways to earn easy money. "They easily get connected to each other and start peddling. They mostly smuggle the drugs from other states and peddle it among the youngsters. It is easy for old offenders to get back to peddling as they would have contacts and know their ways to purchase and sell them in the city. We are seeing many new peddlers as well who are getting into the business to earn quick money to lead a life of luxury," he said.

Depressed over health issues, man shoots self

A 52-year-old Block Education Officer who was depressed over health issues, ended his life by shooting himself using his licenced double barrel rifle inside his house in Kodigehalli on Sunday.

The deceased has been identified as TN Kamalakar working as BEO in Yelahanka. He was a resident of NTI layout and is survived by his wife and a son. Police said that he was troubled by his health issues and was depressed that he had to depend on his family. According to the police, he was suffering from a disease since 2012 and was under treatment. Over the past few days, his health got worse and he was struggling to walk. He hadn't stepped out of his room for three days and was depressed that he had to depend on his family for basic needs.

On Sunday around 1 pm, he locked himself inside his room while his wife was outside and his son was studying in his room. He shot himself with his rifle. His son broke the door after hearing the noise and alerted the police. Police found a death note next to his body where he stated that he was sick and he did not want to live with the disease anymore and he had become a burden to his family. He mentioned that his family had taken enough care of him for over two decades and no one is responsible for his death.

Kamlakar hailed from Shivamogga. —BMB

2022 2022 2022 2022

A penny for your thoughts on Bengaluru

Dear readers, the year is coming to a close. And as is our wont, we move on despite all that life throws at us, in the hope of newer and greater beginnings. We trust all of us are in the same ship and the journey is more fun if we can share stories. So tell us:

What is the one big change that you want to see in Bengaluru in 2022?

Please send us a 50-word write-up on
mybangaloremirror@timesgroup.com
or **WhatsApp us on: 9591233247**

We shall be publishing your thoughts as we ring in the New Year on January 1

www.licindia.in

Attention, LIC policyholders:

It's best in life to be prepared.

Government of India has amended Life Insurance Corporation Act, 1956, permitting the Corporation to reserve shares in its proposed public issue on a competitive basis, in favour of policyholders.*

To be able to participate, policyholders must take two steps:

1 Update your personal records with LIC

- Visit www.licindia.in and click on the icon to register your Permanent Account Number (PAN) online.
- Enter your date of birth, gender, email ID, PAN, full name, mobile number and LIC policy number.
- Follow the instructions to update your PAN records for all your LIC policies.

Contact your LIC Agent for any assistance.

2 Open a DEMAT account (if you do not have one)

- To open a DEMAT account, visit either of these websites for registered Depository Participants (DP):

NSDL:
https://sebi.gov.in/sebiweb/other/OtherAction.do?doRecognisedFpi=yes&intmId=19

CDSL:
https://sebi.gov.in/sebiweb/other/OtherAction.do?doRecognisedFpi=yes&intmId=18

- You must provide the following to the DP to open your DEMAT account:
  - Recent photograph
  - PAN Card
  - Address proof
  - Cancelled cheque
- The DP may also seek further information.

Contact your banker or broker for any assistance.

PLEASE NOTE THE FOLLOWING

This notice or any information being shared with policyholders is not an offering of equity shares of the Corporation. | Policyholders would have to approach the Depository Participant and be solely responsible for the DEMAT account and its functioning. All related costs would have to be borne by the policyholder. | There is no assurance that policyholders will be allotted any or all of the equity shares they may apply for even in the event of a reservation of shares for policyholders in any proposed issuance. | The Corporation does not guarantee the performance of its equity shares and investors need to be aware of the risks associated with any investments in a public offering. For important information regarding proposed reservation of shares for policyholders, visit https://licindia.in/ipo

*Details of proposed IPO will be intimated once finalised.

LIC
भारतीय जीवन बीमा निगम
LIFE INSURANCE CORPORATION OF INDIA
Har Pal Aapke Saath

LIC/RKS/2021-22/39/ENG

Follow us : YouTube LIC India Forever | IRDAI Regn No.: 512

LIGHTS OUT: NO CHEER AT THE END OF THIS YEAR

The party is over

Pubs, clubs, restaurants left shell-shocked by night curfew

Hamza Irfan Qazi & Iffath Fathima
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMIRROR

It is supposed to be the busiest time of the year for hotels, clubs or pubs. But the state government's new covid restriction and announcement of night curfew starting from December 28 up to January 7 has come as a huge dampener for the industry.

The state government announced a ban on public gatherings on New Years eve, and that hotels, pubs or bars can only run with 50 per cent capacity. Restaurants and pubs owners that Bangalore Mirror spoke to said this was a big disappointment and they asked why only the food and beverage (F&B) industry has to bear the impact every year.

Mukesh Tolani, Co founder and Director Toit group and Head of Bangalore chapter, National Restaurant of Association of India (NRAI), said, "We understand there is a threat due to the Omicron variant. But why is it that only the F&B industries are affected? We are always the ones who get affected first. Why is it that night curfew is put in always, does covid not spread during the day?" He pointed to the crowding in market areas like KR market, Shivajinagar and shopping hubs like Commercial Street or Chickpet and wondered if the virus doesn't spread in these cases.

"Only we are targetted and are asked to function at 50% capacity. We had just started to see a decent season after two years and now again this move is unfortunate. New Years is the busiest time for us and now we will lose out on all the income," he said.

Tolani also added that even until the first week of January, the restaurants and pubs generally go full, with many schools and colleges still having holidays and people coming down for holidays. But now with the restrictions, sales are expected to be low.

With Omicron scare in the air, testing is rigorous. Here health workers are seen collecting swab samples for Covid 19 test at Kempegowda bus stand at Majestic on Sunday

"The F&B industry has been the worst hit. We haven't been getting much help from the government. Our overhead costs are continuing
–Abhay Kewadkar, Fox in the Field

Will take a beating

Deepak Karupakala, a partner at 1 Bar House Kitchen, a restaurant and bar in Koramangala said, "The industry is going to take a beating. Our business only starts after 7-8 pm and with the curfew starting at 10 pm, we will not be able to make money. I don't know how the industry is going to survive in the long run."

Chethan Hegde, Owner of 1522 Pub and Partner with the Suzy Q by 1522 Pub said they have stopped taking reservations as only 50% capacity is allowed. "We have cancelled all the parties and there will be no DJs. We are not taking limited reservations and it's already filled. With the new guidelines, it won't even be like a regular Monday night where we will be able to make some money. We will have to clear out everything by 10 pm and it is too early," he said.

Some restaurant owners pointed out that the state government needs to be supportive to the industry and understand their needs. "In the F&B industry, you cannot work from home. So the industry has been worst affected during this pandemic. We have not been getting much help from the government. The overhead costs like rent and salaries are still continuing," said Abhay Kewadkar, managing director of Fox in the Field, a microbrewery in Whitefield.

Debaditya Chaudhary, managing director of Chowman, a chain of restaurants in the city, pointed out that the delivery sales might hit high this year. "The new restrictions are going to make us lose out on a lot of dining sales. However, in terms of delivery sales, we will be doing good because a lot of people are now going to have house parties and place order," said Chaudhary.

The night is long and dark for small biz

Hamza Irfan Qazi
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMIRROR

The night curfew has left industrialists worried that their productivity and businesses will be hit. Many industrialists said this was going to adversely affect manufacturing industries, particularly those who rely on exports for their income as they need more time to fulfil orders. Orders scheduled for completion by the month-end may be delayed by up to two weeks industry insiders said, which will lead to a whole month of delay before MSMEs receive payments they would have otherwise received by this month-end.

Many factories need to work in the night to finish their orders

"How are we supposed to pay GST, taxes and salaries? Industries need to be given exemptions in case of night curfews. In the case of micro and small industries, there are only 6-20 people working in a factory. The number is even lesser at night. So allowing these industries to continue work won't affect the objective of the night curfews," says Shivakumar R, secretary of Peenya Industries Association. The MSMEs have already been suffering during the last two years due to business being affected from covid-19, a rise in GST and a hike in costs of raw materials.

"The MSMEs need to be shown leniency. If workers cannot come for night shifts, it is going to affect orders. We are already suffering due to covid, previous lockdowns and an increase in raw material prices. If we cannot work at night, it is going to have serious implications," says Mohammed Arif, vice president of Peenya Industries Association. Some are holding on to hope that workers will be allowed to move around during the night curfews if they present their ID cards. "We can manage for up to a week. Any more than that and it may affect us. Last time, our employees were allowed to go about if they produced an ID card," says Umashankar Samba, president of the Rajajinagar Industries Association.

Federation of Karnataka Chambers of Commerce and Industry President IS Prasad said they hoped the restrictions such as that on conducting conference/marriages will not be in force after January 5. "We request the government to relax norms for all hospitality industries with strict guidelines of mask-wearing and vaccination," he said.

Close on the heels of the new variant, comes new set of rules

Naveen Shivanna
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMIRROR

New Year revellry outside your homes have gone for a toss as the Karnataka government has reimposed night curfew which will be in vogue from 10 pm to 5 am for a period of 10 days from Tuesday. After a meeting of health officials and technical experts with the Chief Minister, Health Minister Dr K Sudhakar said there will be no functions or parties in the external premises, especially for those celebrating with DJs and large gatherings. They have been completely banned in Karnataka. Eateries, hotels, pubs, clubs and restaurants can have 50 per cent of their seating capacity. The staff would have to be fully vaccinated, it said. The Minister, in response to a question, said these were the first stage of announcements.

Sudhakar said that the night curfew will be strictly implemented as any movement of individuals will remain prohibited, except for essential activities, patients and their attendants, industries and companies requiring night operations, vehicles carrying goods, bus, trains, metro, air travel, home delivery and e-commerce operations, among others. Employees of companies working during night shifts can move around with a valid ID card. Movement of passengers for the sake of travel through bus, trains and air will be allowed on displaying valid travel documents or tickets. The order also states that only essential staff or employees of IT and ITeS companies shall work from the office, while the rest will work from home.

Speaking to reporters in Mysuru, Chief Minister Basavaraj Bommai said, there is no question of reconsidering the restrictions. "Last week when we held a meeting in Belagavi and imposed restrictions, I said that after observing Omicron and covid-19 situation we may take certain measures, and accordingly we have imposed some minor restrictions," Bommai said.

Vaccination boost

Sudhakar said 97 per cent of Karnataka's population had achieved the first dose of covid vaccination and 75 per cent had got the second. There are about 45 lakh people in the state who have surpassed their due dates of the second dose. "The Chief Minister will launch a vaccination drive in the state, while Ministers and legislators will launch it in their respective districts and constituencies...we would like to vaccinate many at the earliest," he said.

Curfew in M'Rashtra, Delhi too

Delhi's daily covid-19 cases crossed the 200-mark for the second consecutive day on Sunday as the city recorded 290 fresh infections in the last 24 hours, the highest since June 10. A night curfew has been imposed by the Delhi government in the national capital from Monday. The curfew will remain in force from 11 pm to 5 am. Meanwhile Maharashtra, which already had announced a night curfew on Friday, said that the Shirdi Sai Baba temple will remain closed at night owing to the restrictions.

Nipped in the bud

How citizens, construction workers and even civic agencies are robbing saplings of their shot at life with their apathy

Pragna L Krupa
pragna.krupa@timesgroup.com
TWEETS @BangaloreMirror

Bengaluru may have to forego the title of garden city if the public and civic agencies refuse to sit up and take notice of the fading green. Volunteers who take care of plants in public spaces are alarmed at the impunity with which people dump garbage and construction debris on the plants — an act that eventually kills the plants.

Many residents and volunteer groups have been nurturing the saplings, but are unable to see the plants grown into a tree as most get killed before their time.

The volunteers say even tree guards are of no use as people dump construction debris and even run it over with their vehicles. Nagaraj Manya, 64, a resident of Yediyur, who is part of a volunteer group called Hasiru Ratha that looks after the plants in Bengaluru South, told Bangalore Mirror that most saplings in the city are damaged and grow in a deformed manner or sometimes they don't grow at all due to sheer negligence. "Many construction workers dump the debris on the plants and though we tell them to clear it out, they don't. We end up taking on the work and clearing the debris. We also install tree guards. Even when civic agencies take up work, they forget to leave space for plants and pour cement or asphalt on it and some workers even uproot these plants to complete their job," Manya said.

Construction debris dumped over plants that have crushed the tree guards and the plants too; A vehicle parked on a tree guard, brutally cramping up the sapling in it

He said citizens in their zeal to show civic sense, throw bottles, plastic wrappers and so on inside the tree guards, converting them into dustbins. "Instead if they were to put it aside on the corner of the road, municipal workers may take it the next day. They think they are doing a good job by throwing it inside the grills without realising they are killing the plants and turning the spot into a dumping area," he said. He said in many cases people park their vehicles on the plant despite seeing a tree guard around it.

Shiva, another volunteer said they have been trying to spread awareness among people asking them not to throw garbage on the plants and inside tree guards but they don't seem to get it.

"Many people throw cement and extra sand bags from their construction site on the saplings planted by us. People don't have civic sense and responsibility towards the environment. Even when civic work is going on, the plants are affected as the workers don't think it is important to keep it safe. We have been requesting the workers to leave some place for the plants on the footpath so that we can plant saplings and take care of it. People think twice before felling a tree but when it comes to the saplings, they just uproot and kill them," he said.

THROWBACK 2021
NEW WORDS WE LEARNT THIS YEAR
NFT
(Non-Fungible Token)
A unique, non-interchangeable unit of data stored on a blockchain, a form of digital ledger. It's a one-of-a-kind digital asset that belongs to you and you only!
NFT
Non-Fungible Token

This is a word that has become a part of our lingo this year. —ET NOW

Roast and jam: Can you believe a kilometre-long traffic jam at 6 am on Sunday? Bengalureans are used to this phenomenon, but the scene on Tumakuru Road on Sunday was especially painful. The deadlock was caused as the Shivakumara Swamji flyover (connecting to Nelamangala expressway) is blocked for traffic as cables have come loose between pier 102 and 103. Due to repair work, vehicles on Tumakuru road are diverted via NICE road.

Advertorial

Her Success Story - 2021 – Women Of Substance and Solitude

Nothing could be truer for the women entrepreneurs of today who are chartering unknown territories unabashedly and fearlessly. Be it in ecommerce, education, investing, travel, fashion, retail, fitness, hiring, and anything and everything under the sun, they are proceeding with gumption and unbridled enthusiasm to change the world around them, make a difference with their ideas, seek solutions that have never been sought, fight diseases and social norms, run successful ventures and generate employment for many, and give rise to new sustainable ecosystems.

Dr. SHRUTHI GOWDA

Designation – Entrepreneur, Founder – Director –Akanksha Jewellers, Dental Surgeon (Gold Medalist) Educationist Managing Trustee at RCIS – Royale Concord International School, Mrs India 2017, Goodwill Ambassador at Rainbow Children's Hospitals. Certified Yoga Therapist by Ayush Department, Central Government of India.

Be the KIND of WOMAN that makes other women want to be. This sentence is so very apt for Dr Shruthi Gowda, as she stands to be an outstanding influencing Woman that we all ought to be!

Dr Shruthi Gowda has always practiced and preached that married women are skilled multi-taskers and bonafide dove-tailers. Whether it is taking care of a gazillion chores at home or tackling the varied agendas at work, women have been donning and doffing their multi-hued hats with flair. All this, while they continue to nonchalantly break stereotypes, boundaries and glass ceilings in an otherwise patriarchal society. Indian women are now finally being acknowledged, appreciated and admired for their new roles as entrepreneurs too.

Dr. Shruthi Gowda always says, "it's not about just being multi talented, it's about utilising all of those talents while still being able to balance all responsibilities that are thrust upon us women", which she's proven as she was recently conferred with two awards whice are the "Woman of substance awar-dee 2019" and "Sadhana Siri awardee 2019". Actions does speak louder than words, doesn't it?

Mrs. SACHINA MOHAN

Breaking the Glass Ceiling: Mrs. Sachina Mohan They say "Behind every successful man is a woman"; little did they mention that the woman can be successful too! A common misconception that a woman's career takes a nose-dive into oblivion is proven wrong many times indeed. Mrs. Sachina Mohan's inspirational story is one of them. Mrs. Sachina Mohan, dearly known as the 'Limitless Lady' by her near and dear ones has made waves among the homemakers who are determined to break several barriers. The multi-faceted Sachina walks with her head held high as she has made the best use of her time to achieve what most would call close to impossible. Apart from winning the crown of Mrs Malenadu in Mrs India Karnataka 2021, she has been actively participating in several causes for the benefit of the society. She has been highly dedicated and devoted towards community service, helping the needy and working towards the upliftment of the downtrodden and less-fortunate sons and daughters of India. As an avid traveler, her genuine concern for the needy reaches great distances. Having been successful in being a law graduate and interior designer while having a flair for swimming, horse riding and playing the violin, she has been a life sized definition of the proverb "Where there is a will, there is a way". "Years of social conditioning has confined women to playing the roles of a daughter, wife and a mother one at a time. A woman is capable of much more. Expand your horizons and don't restrict yourself", is the message from Sachina to all the married women of the Nation. Sachina Mohan has not only been serving her own family with her energetic approach towards life. She has also believed that women can move mountains, provided they have the right approach towards tackling challenges thrown at them. Sachina has also had her fair share of challenges thrown at her. "How does she manage these challenges?", you may ask. She doesn't manage them, she womanages them.

'First vaxx vulnerable kids'

CONTINUED FROM PAGE 1

Meanwhile, a senior official from the health and family welfare department pointed out that the state government is looking at targeting schools and colleges to start the vaccination at the premises to cover more children at a faster pace. "For children attending schools and colleges, we could conduct drives in school or college premises, and for those who have other forms of education, learning at home or elsewhere, we have decided to reach out to them personally. Currently, we have the data of the eligible population in children and plan to finish their vaccination at the earliest. However, this is what we have decided as of now, but the Centre's guidelines shall point to what needs to be followed," the health official explained.

Dr Srikanta JT, member of covid-19 pediatric expert committee, consultant, pediatric interventional pulmonology and sleep medicine, Aster CMI Hospital, stated that even though we still do not have enough data on the efficacy of vaccines since vaccination with Covaxin started, especially amongst kids, it seems to be a safe bet due to the known technology as well as predictable adverse effects.

"Moving forward, this should not only help mitigate the risk of infectiousness but also the severity if any in all the age groups. The adolescents aged 15-18 constitute approximately around 5 percent of total population in Karnataka. A staggered approach, whereby first vaccinating the vulnerable children with comorbidities followed by others, is a reasonable approach. Children of all ages need two doses, 28 days apart; so all parents have to be informed about the dates so as to make sure efficacy is maintained," he said.

Some experts stressed that the general pediatricians should be allowed to give vaccinations at their clinics, so that a huge number is covered sooner. "Government should allow pediatricians to vaccinate like they are currently doing for other vaccines. This would make logistics much easier and successful. Vaccination through pediatricians is probably the safest way these vaccines can be administered. Children with comorbidities can consult a pediatrician once before vaccination," said Dr Rakshay Shetty, lead pediatric intensivist, Rainbow Children's Hospital, and member of covid-19 pediatric expert committee.

Dr Jagadish Hiremath, Chairman at Aasra Hospital, reiterated the importance of having vaccination carried out at schools and college premises: "The government must conduct vaccination drives for children in a very systematic manner to ensure all children in this age group are able to receive jabs easily. Vaccination drives would be more effective if conducted at schools and colleges so that jabs will be more accessible to children. In this way, children could be vaccinated in large numbers within a short span of time," he said.

Walkers demand Cubbon Park access curbs

CONTINUED FROM PAGE 1

work in the future. We demand the clubs should be completely stopped from being given access to Cubbon Park," said Namratha Balarama, a member of the Cubbon Park Walkers' Association.

In the middle of the park lies the red-stoned building that houses the State Central Library. Vehicular access to the clubs and movement of the automobiles through the park have affected the calm in the vicinity of the library. This has proved to be a cause for distraction for library users.

"We request that measures be taken to restrict access especially around the library so that it will be beneficial to the walkers as well," added Namratha.

The association questioned why Cubbon Park is treated differently from Lalbagh. They pointed out that Lalbagh continues to be a protected space with paid entry and restricted vehicular entry.

Though the group is not opposed to cyclists sharing the space, they are not too pleased with the dogs. "Cubbon Park has become a dogs' park. People are feeding dogs and the dogs tend to fight amongst each other. This has become a cause for the dogs startling and scaring walkers. Places like Cubbon Park are one of the few affordable spaces left where the middle-class can relax. Such spaces are becoming more and more inaccessible due to various factors," said Reddy.

Another member from the association suggested having a designated spot for walkers and pet owners to avoid conflict between the two groups.

This comes after the department of horticulture issued a circular of specific guidelines to pet owners regarding park usage after the walkers' association filed a case at the Karnataka high court questioning the entry of dogs in parks.

Another outcome of unrestricted access is the use of the premises for 'anti-social' activities. Walkers noted that during their regular walks they have noticed the park littered with alcohol bottles and condoms. They alleged the improper disposal of disposables and the park being used for leisure purposes at night.

The group said as a next step they will be bringing these issues before the horticulture department.

Your Connect

TO BOOK YOUR TIMES INTERACT ADS
Stay safe. Stay home.
Call/mail us for contact-less ad booking. To book your Times Interact ads
Call 080-23338111 / 9986482217
Email: ebenezer.winston@timesgroup.com
All digital payment solutions available

jobs

SITUATION VACANT

OTHER VACANCIES

CALL CENTRES

WNTD QC,telecallers m/f pref area Rajajingr, Vijayngr, maleswaram & yeswatpur fixed salary + Incentives. 8553021316 / 9986778149 / 9886021314

GENERAL

WANTED graduate or undergraduate for export import documentation and one Office boy Contact 9844079472 mail surendran@pavan enterprises.in Location NR Colony

MULTIPLE VACANCIES

LOOKING for live-in maid, female only, salary:12000, Bangalore, ph : 8431745138

PART TIME JOBS

GLOBAL International Friendship Club Reqd M & F Daily Earn 10,000 To 15,000 PF & ESI Benefits with Food & RM Whtsapp 9513045046/ 7022770604

WORK FROM HOME

TOYOTA Motors Co.required 575 Male/ Female, House Wife. 20000-60000 PM, Part / Full time job. Laptop + Mobile Free. # 06299488070 / 06203353481

GOVERNMENT Affiliate Data Entry Typing Work From Home,Daily Payment,No Target, No accuracy, With Govt Bond. For details M : 9742344447

THE TIMES GROUP
Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

real estate

BANGALORE PROPERTIES

COOKE TOWN

FLAT FOR SALE 2BHK 1196 SQFT High-end Semi Furnished 100% PWR BACK UP IN HUTCHINS RD,WNR 9845120876

JP NAGAR

3BHK ready2move flat for sale with cauvery water and lift in JP Nagar near Nandhini hotel. 1290sqft, North facing. Rs 85 Lks. 9739703182, 9739702982

personal

CHANGE OF NAME

I, Syed Faraz S S/o Syed Ahamed R/o No-02 ,2nd D-Cross, 5th Main, Sultanpalya, near More Supermarket, RT Nagar Post, B'lore-560032 have changed my name to Syed Faraz.

TIMES interact
Connecting People, Connecting Needs.
ANNOUNCE YOUR CHANGE OF NAME
The Times of India
Bengaluru
+
Vijay Karnataka
Bengaluru
at
Rs. 850
for 5 lines and
extra line is Rs.170
For Booking Contact
+91 99864 82217

BUSINESS CONNECT

A leading manufacturer of industrial equipment invites fabrication suppliers

We are a fast-growing industrial equipment manufacturer based in Tamilnadu with sales in multiple countries. To support our growth, we are looking for suppliers who can cater to our requirement of fabricated parts.

The supplier should have the following in house facilities:

Laser Cutting/Turret Punching, Bending up to 1.5m, Welding, Powder Coating, and ability to make sub-assemblies.

The supplier should be ISO:9001:2015 certified with well-qualified and trained manpower.

Interested parties are requested to send their profiles to **fabricationsuppliers@gmail.com** before **31st December 2021**.

TIMES interact
BOOK YOUR CLASSIFIEDS AD
in 3 easy steps
logon to
ads.timesgroup.com
Times of India official Ad Booking Platform
1. Select City & Publication
2. Create / Upload your own Ad
3. Book & Pay online
Readymade Creatives | Exclusive Offers
Scan me

Chunchaghatta Lake has a stinking problem

In 2018, BBMP spent close to ₹3 cr to rejuvenate it. In 2021, locals fear sewage water entering water body could kill it

The water body's surface is covered in algae while the land surrounding it has turned black in some spots

Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

Chunchaghatta Lake was last rejuvenated in 2018 by the Bruhat Bengaluru Mahanagara Palike (BBMP). Unfortunately, the lake's fate seems resigned to doom as sewage water is entered it again. Locals said that the authorities concerned are neglecting the issue and ignoring their complaints.

The lake, located in JP Nagar, is an upstream extension of Sarakki Lake. It is home to 100 species of birds, including Marsh Harrier, Grey Heron, Egret, Eurasian Coot, Pond Heron, Grey-headed Swamphen, Cormorant and Little Grebe.

It may be noted that back in the day, BBMP had spent close to Rs 3 crore to rejuvenate it. However, due to storm water drains connected to the lake, sewage continues to enter the water body despite the rejuvenation. The Palike had constructed structures to collect rainwater from catch drains of adjoining areas in the northern figure.

Four structures were constructed during the rejuvenation to redirect rainwater to the lake from catch drains of adjoining areas in the bund region. The lake started to receive water from the structures but the catch drains also passed on solid waste which polluted the water body. The waste had been cleared out.

In 2019, a sewage diversion channel was worked out by the BBMP. It constructed a wall, which stopped the sewage water from entering the lake. But the solution only lasted for a short time. Heavy rains in October and November caused untreated water to enter the lake due to which algae and hyancinths started forming in it.

On November 30, locals reported to BBMP that sewage from a storm water drain was entering the lake. "BBMP asked BWSSB to check the issue of sewage water entering into the lake. A temporary solution was employed by BWSSB to prevent sewage water from entering the lake. But the issue can occur again and kill the lake and it's habitat. The colour of the water in the lake has changed.

The wet lands have turned black. This is proof of contamination," said Raghvendra B Pachhapur, a resident of the area who is also a part of the Action Aid Association as the India Programma Manager.

Raghvendra has complained to the Karnataka State Pollution Control Board (KSPCB) too, and has asked it to check the quality of the lakewater and the issue of sewage water entering the lake.

"Three weeks after I had sent my complaint to them, a KSPCB official visited the lake to inspect it. They said that the lake did not contain any pollutants. Three weeks had passed and by then the temporary diversion created by BWSSB had ensured that the sewage water stopped entering the lake. We requested the official to come again to check on the lake, as the problem is repetitive in nature. We demand a permanent solution. We have been told that another inspection will be carried out next week," Raghvendra said.

Locals, whom BM spoke with, said that the government must start monitoring the rejuvenated lake on a regular basis to keep it clean and maintain the natural habitat.

Harmony is must: Kirmani on Kohli-Ganguly tiff

SPORTS

Former India wicketkeeper-batter Syed Kirmani said that harmony must be displayed by Virat Kohli and the BCCI top management to resolve issues that have surfaced since the removal of Kohli as the ODI skipper. Since Rohit Sharma replaced Kohli as the ODI skipper, different versions of what went down behind scenes have been put forward by Kohli and BCCI President Sourav Ganguly.

"It is important to communicate before you make an important decision. Ego plays a very big role in an individual's life. Kohli is a powerful player. The selection committee and BCCI President have their power too. It is important to have harmony to sort out all the issues," Kirmani said. A day after Kohli was removed as the ODI captain, BCCI President Ganguly said that he had spoken to Kohli regarding the leadership change and had requested him to not give up T20I captaincy.

"It's a call that the BCCI and the selectors took together. BCCI had requested Virat to not step down as the T20I skipper but he did not agree. And the selectors did not feel it was right to have two different captains for two white-ball formats," Ganguly had said.

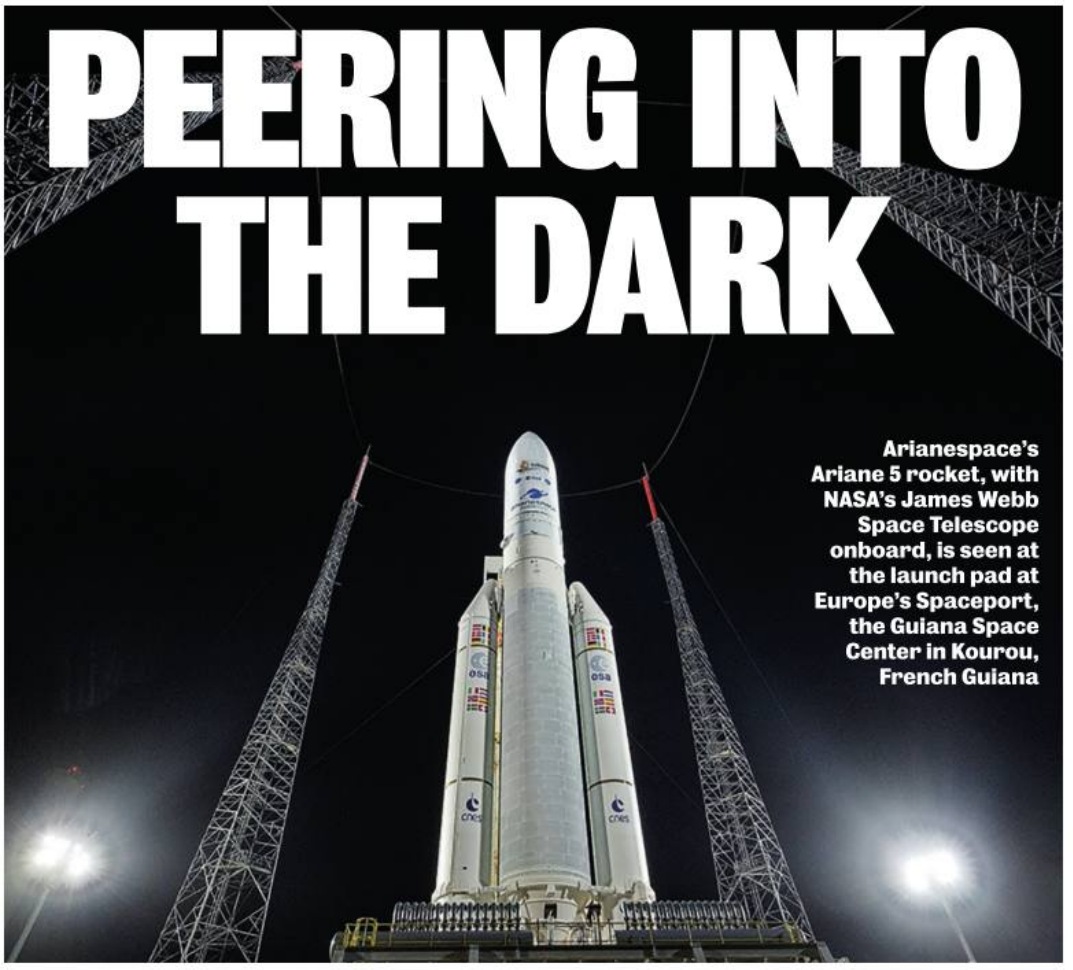
"So it was decided that Virat will continue as Test captain and Rohit will take over as the white-ball captain. I personally spoke to Virat and the chairman of selectors also spoke to him," he had said. However, Kohli has said, "Whatever was said about the communication that happened during the decision that was made was inaccurate. I was contacted an hour-and-a-half before the selection meeting on 8th for the Test series."

– ANI

THE TIMES GROUP
JOB MARKETS CAN BE VOLATILE, INVEST IN YOUR CAREER TODAY.
Upskilling
Resume Building
Free Courses
Career Guidance
Scan Here
TIMES ascent.COM
Catapult your career
The workplace is becoming dynamic by the day. Keep up with its pace by reading career-related articles and identifying new trends in your job search. Stay ahead of the curve by learning new skills or simply building a better resume.
TimesAscent.com is a powerful destination for all things 'career'.
Times Ascent | officialtimesascent | timesascent

 # IPO hits
New-age tech brands led a record Rs 1.2 lakh cr mop-up through initial public offerings in 2021

The most powerful space telescope ever built will look back in time to the Dark Ages of the universe



PEERING INTO THE DARK

Arianespace's Ariane 5 rocket, with NASA's James Webb Space Telescope onboard, is seen at the launch pad at Europe's Spaceport, the Guiana Space Center in Kourou, French Guiana

Some have called NASA's James Webb Space Telescope the "telescope that ate astronomy". It is the most powerful space telescope ever built and a complex piece of mechanical origami that has pushed the limits of human engineering. On December 25, 2021, after years of delays and billions of dollars in cost overruns, the telescope is launched into space to usher in the next era of astronomy.

I'm an astronomer with a specialty in observational cosmology - I've been studying distant galaxies for 30 years. Some of the biggest unanswered questions about the universe relate to its early years just after the Big Bang. When did the first stars and galaxies form? I am excited that astronomers may soon uncover the story of how galaxies started because James Webb was built to answer these very questions.

The 'Dark Ages'

Excellent evidence shows that the universe started with an event called the Big Bang 13.8 billion years ago, which left it in an ultra-hot, ultra-dense state. The universe immediately began expanding after the Big Bang, cooling as it did so. One second after the Big Bang, the universe was a hundred trillion miles across with an average temperature of 18 billion F (10 billion C). Around 400,000 years after the Big Bang, the universe was 10 million light years across and the temperature had cooled to 5,500 F (3,000 C). Through this time, space was filled with a smooth soup of high energy particles, radiation, hydrogen and helium. There was no structure. As the universe became bigger and colder, the soup thinned out and everything faded to black. This was the start of what astronomers call the Dark Ages of the universe. The soup of the Dark Ages was not uniform and due to gravity, tiny areas of gas began to clump up and become dense. The smooth universe became lumpy and these clumps of denser gas were seeds for the formation of stars, galaxies and everything in the universe.

The first light

The Dark Ages ended when gravity formed the first stars and galaxies that eventually began to emit the first light. Although astronomers don't know when first light happened, the best guess is that it was several hundred million years after the Big Bang. Astronomers also don't know whether stars or galaxies formed first.

Astronomers would love to study this fascinating era, but detecting first light is challenging. Compared to massive, bright galaxies of today, the first objects were small and due to the expansion of the universe, they're now tens of billions of light years away from Earth. But this is not the only challenge. As the universe expands, it stretches the wavelength of light traveling through it. This is called redshift because it shifts light of shorter wavelengths - like blue or white light - to longer wavelengths like red or infrared light. By the time light emitted by an early star or galaxy 13 billion years ago reaches any telescope on Earth, it has been stretched by a factor of 10. It arrives as infrared light, meaning it has a wavelength longer than that of red light. To see first light, you have to be looking for infrared light.

(Chris Impey for The Conversation, via AP)

Telescope as a time machine

Enter the James Webb Space Telescope.Telescopes are like time machines. If an object is 10,000 light-years away, that means the light takes 10,000 years to reach Earth. So the further out in space astronomers look, the further back in time we are looking.

Engineers optimised James Webb for specifically detecting the faint infrared light of the earliest stars or galaxies. Compared to the Hubble Space Telescope, James Webb has a 15 times wider field of view on its camera, collects six times more light and its sensors are tuned to be most sensitive to infrared light. The strategy will be to stare deeply at one patch of sky for a long time, collecting as much light and information from the most distant and oldest galaxies as possible.

This photo provided by NASA shows the James Webb Space Telescope separated in space on Saturday

BITS & BYTES

NO SIM SLOT

Apple introduced support for eSIM on its iPhone XR, XS, as well as XS Max and now a new sketchy rumour suggests that the iPhone 15 Pro slated to be launched in 2023 will be the first iPhone model to ship without a physical SIM card slot.

According to a report by the Brazilian website Blog do iPhone, the Apple iPhone 15 Pro and Pro Max models getting launched in 2023 could lack the physical SIM card slot. Instead, the devices will only have support for eSIM cards for connectivity.

It is also said there will be support for two eSIM cards, ensuring dual SIM functionality. The removal of the SIM card slot could further improve water resistance.

2 TOUCH PAD LAPTOP

South Korean tech giant LG is reportedly working on a new laptop with touch pads on both sides of the keyboard. A patent for an LG laptop has surfaced on the World Intellectual Property Organisation (WIPO) portal. The patent appears to be submitted by LG on June 8, 2020, which WIPO has published on December 24, reports GizmoChina. The keyboard of the laptop is smaller than those on traditional laptops. "This design is a laptop computer with touch pads on both sides of the keyboard; shows the touch pads on the subject design been converted to a numeric keypad and a functional pad that can adjust the volume, brightness, etc," the patent filing reads.

SMARTER HOMES

The pandemic transformed our digital lives as millions stayed home for work and homes in urban India embraced several Internet of Things (IoT) devices in the last 18-20 months that are only set to grow in 2022.

As per a recent report by Allied Market Research, the India home automation market size was valued at $1.79 billion in 2018 and is expected to reach $13.5 billion by 2026, growing at a CAGR of 29.8 per cent during the forecast period. Home automation systems in India have witnessed unprecedented demand in recent years, due to increased concerns about safety and security, especially in urban areas, the report said.

Sex education videos on TikTok not 'screened for misinfomation'

#San Francisco

Sexual education videos on short video-making app TikTok aren't being screened for misinformation and don't give teenagers and adolescents a proper understanding of the sensitive subject, researchers said.

While some obstetricians, gynaecologists and other health care professionals have engaged in TikTok as a popular content creator, providing science-based content and answering questions posed by other users, the growing quantity of content on TikTok makes responding to all misinformation impractical.

"There is no guarantee a user will ever encounter these corrective videos," the study authors from Johns Hopkins University and University of Houston in the US, wrote.

The team conducted a content analysis of themes for 100 sex education-focused videos on TikTok."We found that female anatomy was the most frequently addressed topic. Sexual pleasure was the second most common theme, within which discussions of the female orgasm and arousal constituted the most common sub theme," said Stephanie Morain from the Johns Hopkins University's Bloomberg School of Public Health.

Other common themes include contraception and sexual health. "Our findings suggest several areas where traditional sexual education approaches may not be meeting adolescents' informational needs," said Leah Fowler from the University of Houston.

The researchers concluded with recommendations for future research to consider the factual accuracy of sex education on TikTok and "determine how exposure to this content affects adolescents' understanding of the risks and benefits of intercourse, sexual practices, age-and gender-based sexual norms, and other health behaviours."

TikTok recently crossed a billion monthly users worldwide. It also surpassed tech giant Google as the most popular website of the year. According to a report by IT security company Cloudflare, the viral video app gets more hits than the US-based search engine. **IANS**

BEST OF
DR MAHINDER WATSA

The finest responses of Dr Watsa are being republished in this column as a tribute to him.

1 Il'm a 27-year-old married woman. My husband, who's three years older than me, and I, are planning for a baby. My husband always applies coconut oil to his penis before penetration. Is coconut oil a safe sperm friendly lubricant? Can my husband use coconut oil for lubrication? Is it safe? Will it cause any infection? If it is harmful, would you be able to suggest any other natural lubricant?
Although coconut oil is accepted as among the best, no oil should be used as a lubricant, when you wish to have a baby as it eff ects the sperms. You can either use saliva or buy KY gel.

2 My wife and I are both 63 years old. Our sex life is pretty normal. Recently, after intercourse, I am unable to pass discharge. We both feel dissatisfi ed due to this. Kindly suggest a remedy. I do not suff er from diabetes or hypertension.
At this age, it is well known that semen ejaculation, or erection of the penis may decrease, but the pleasure continues.

3 While having sex with my partner, sometimes my penis gets injured on the tip. I experience severe pain. Would you be able to suggest a solution?
If lubrication is not satisfactory with the female or the male partner, then the dryness may cause injury. I suggest both your partner and you must apply a lubricant like KY gel.

MEET THE SEXPERTS
Use this QR code to send your questions to us

Women, check this out

Be on the safer side. Here's a list of health tests to add to your new year's resolution after turning 30

Kayalvizhi Arivalan
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMIRROR

When you reach the age of 30, make a resolution to schedule a health check-up once a year. It is essential to catch anything that might have gone awry at an early stage, and a check-up will help. Screening on a regular basis may even save your life. People used to only see their doctors when they were sick or terminally ill a generation ago. "As people are more educated and empowered, preventive health care is becoming more popular. Early detection provides you the best chance of getting the proper treatment," says Dr Nandhini Elumalai, Gynaecologist, Fortis Hospital, Vadapalani, Chennai.

And when all the tests turn out well, go celebrate!

"Many patients have been diagnosed with breast cancer in the early stages and were able to undergo breast-sparing surgery and have had an excellent prognosis. Also talking about cervical cancer, it is the only cancer that takes 10 years time from the premalignant stage to go into a malignant stage. So, when a sexually active woman undergoes a simple pap smear screening test annually, we can pick up everything from a simple inflammation, HPV infection, pre-cancer stage and treat it early," she says.

Importance of periodic checkups

1. A primary preventive
2. To identify the factor for common chronic disease – diabetes / cardiac problems / BP
3. To detect diseases that have no apparent symptom (secondary prevention)
4. It is a way for the doctor to counsel people to promote healthy behaviour
5. To update clinical data since the last check-up

The main goal of prevention and health promotion is to reduce the burden of suffering from major preventable diseases. Clinical history/physical examination and diagnostic tests are part of the check-up.

"The types of tests a woman needs depend on her age and personal and family health history and specific risk factors," says Dr Ezhumalai. She feels certain tests are recommended for every woman while others are individualised depending on additional risk factors. "Common tests are mammograms for breast cancer screening, pap smears for cervical cancer. Immunisation for HPV in adolescent to reproductive age women to prevent cervical cancer. Eye screening, dental check-up, and colorectal cancer screening are also included," she says.

10 essential screening tests

1. Blood pressure screening
- Obesity attributes to an increased risk of hypertension
- BP of 120/80 mmHg or below is normal

2. Cholesterol check
- This tool is used to assess your risk of developing heart disease/ stroke

3. Pap smear
- Your doctor uses a speculum to widen the vaginal canal, takes a smear from the cervix using a brush, and examines the smear for changes that may lead to cervical cancer
- HPV screening is also done

4. Mammogram
- Screens for breast cancer is included in women's annual check for above 45 years
- Especially if you have a family history of breast cancer / uterine cancer
- It is essential to talk to your doctor about starting annual screening earlier

5. Bone density screening
- Women should start getting screened for osteoporosis with Bone Density Test especially in postmenopausal women to prevent bone fractures at old age

6. Blood glucose test
- Helps in picking in the prediabetic state itself

7. Dental check-up
- To catch any decay and other issues

8. Ultrasound of the pelvis
- To look at the condition of uterus, tubes, and ovaries
- In a pre-menopause/menopausal women, ultrasound of the pelvis or a simple scan of the uterus and adjacent structures can pick up fibroid/ endometrial polyps/cancers/ ovarian cysts/masses at an early stage

MIRRORLIGHTS

Get slick; it's the latest trend

If you find that your explore section on Instagram is exploding with videos of glossy, shiny and luxe-looking sleek hair, you're not alone. From Dua Lipa to Kim Kardashian, celebrities are happily flaunting their slick and chic hairstyle. If you're wondering what this free-flowing and fluid style is all about, it's called liquid hair, a swankier version of the oldie yet goldie 'Glass Hair'.

Celebrity hairstylist Vaishakhi Haria, L'oreal India's ambassador, and the founder of Splash The Salon, decodes the glossy trend for us. "When I came across the words 'liquid hair', I was wondering what it is and then after a lot of research I realised it is the newest version of hair keratin for flawless, frizz-free hair, which has been the talk of the town. It is here to stay," she says.

"This is not just an in-salon treatment. It involves a little bit of home care too – using the right shampoo and conditioner and picking a suitable hydrating mask. The first round requires a keratin treatment at the salon by a professional. The process takes about three hours and it cuts down the frizz, leaving the hair with a naturally glossy and ultra-smooth texture. Effectively, it tames the mane," says Haria. The process involves several steps including product application and flat ironing among others.

There's no doubt that such luxe-looking, glossy, poker-straight hair demands a lot of after-care to retain the shine. "Once the treatment is done, it is essential to use the home care products recommended by your stylist to ensure the results last longer. It includes shampoo, conditioning, hair-gloss oil and straightening at times for the liquidy feel to stay. You will also have to bid adieu to your hair dryer for 12 weeks," Haria elaborates.

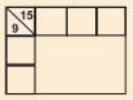
If you plan on getting a hair colour, make sure to colour first and then do the treatment. Consult a stylist before getting it done. Ask about all the pros and cons – how much maintenance does it require, any extra care and after how many months will you require to redo the process, what the hair texture looks like after the keratin fades.

Many times it doesn't work for kinky curls or super-thick, coarse-textured hair. To avoid disappointments later, ask the stylist about the end results as it differs from person to person.

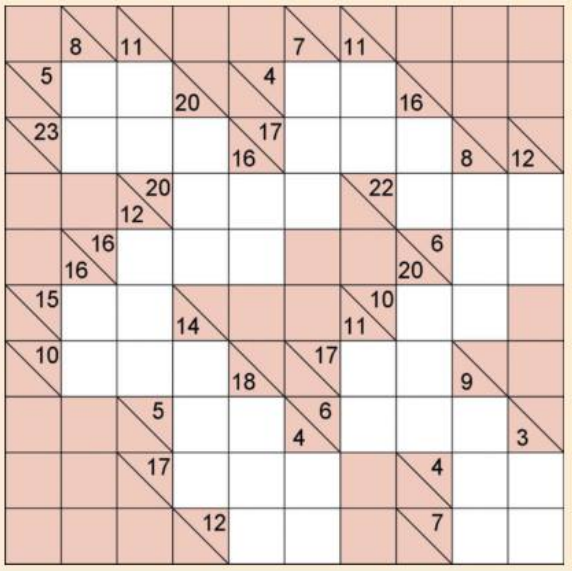
–RIA BHATIA

Kakuro

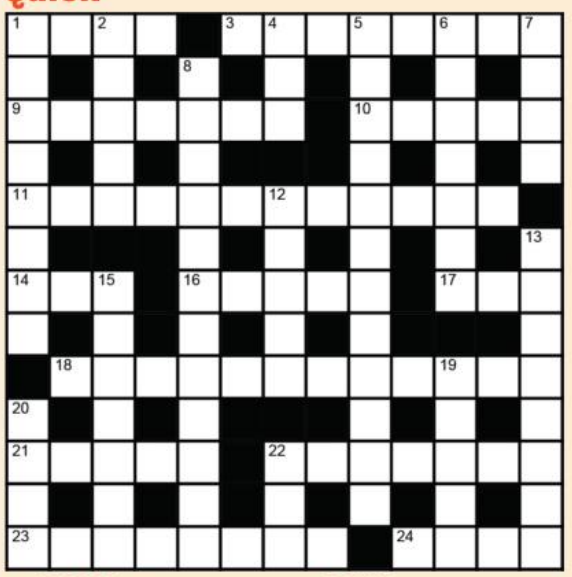
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Unruly crowds (4)
3 Refuted (8)
9 Beset or surround (7)
10 Drift of events (5)
11 Fall to pieces (12)
14 Policeman (3)
16 Bollywood's ___ Ludhianwi (5)
17 Bengali surname or boy's name (3)
18 Pampers or fusses over too much (12)
21 State indirectly (5)
22 Taking it easy; relaxing (7)
23 Against the current (8)
24 Revise copy (4)

DOWN

1 Herman Melville's famous novel? (4,4)
2 Military stations (5)
4 Ram's mate (3)
5 Lucknow locale (5,7)
6 High frequency loudspeaker (7)
7 Extinct bird (4)
8 Becker or Edberg? (6,6)
12 Principle of conduct (5)
13 Vision (8)
15 Suggests or gives a cue? (7)
19 Scots landowner (5)
20 You will find the remnants of his fort in the City Market area (4)
22 Pretoria locale (3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: R EQUALS G

LMT JBL DV KTOER GOHT OH LMT JBL DV XEDGOER GMJL LD DSTBADDX.

Linemaro

If you were words on a page, you would've been FINE PRINT!

Mindchow

Two monologues do not make a dialogue

Joke of the day

Ever wondered how much deeper the ocean would be without sponges?

Loop

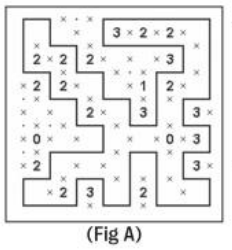
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

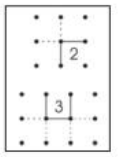
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

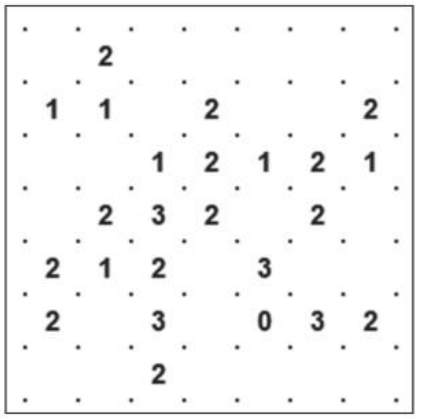
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



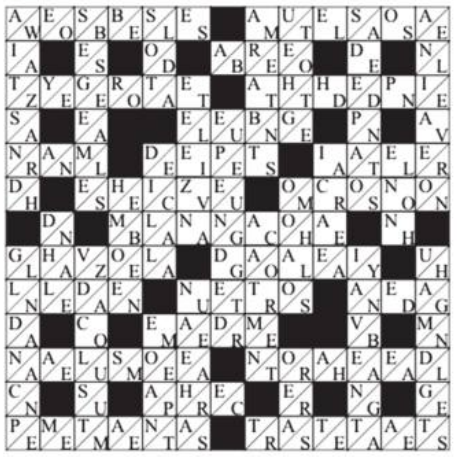
(Fig A)



(Fig B) Not Allowed



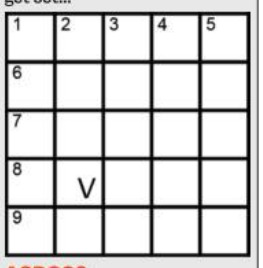
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

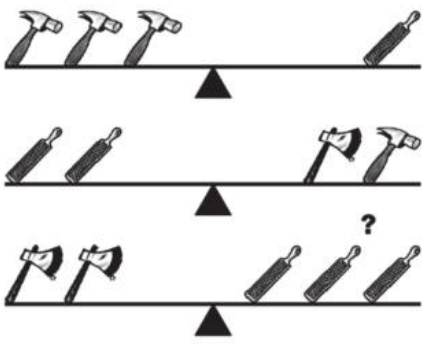
1 Touch; 6 Ah pal; 7 Din it; 8 Is vie; 9 D felt

DOWN

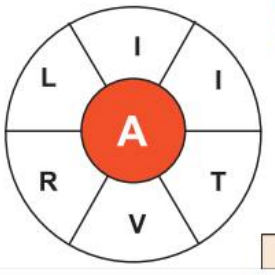
1 Nicad; 2 Voile; 3 Lit up; 4 He Fit; 5 Thads

Mensapuzzle

Which tool will make the last scale balance?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 11 Good; 13 Outstanding

SudokuChallenge

9				4		5		8
			6	1			9	7
		7	8				6	
	9				7	8	2	
	2	1	9				5	
	1				8	9		
2	6			3	1			
3		8		9				1

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 28
2 3 8 9

Medium = 3
5 5 6 9

Hard = 12
2 4 8 3

Hocusfocus

Find at least six differences in details between panels.

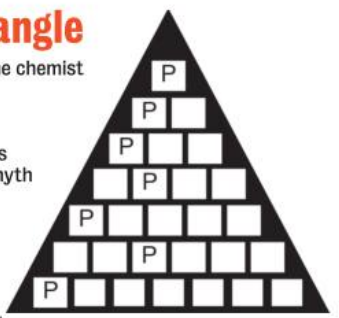
Differences: 1. Belt is different. 2. Ear is smaller. 3. Cap is larger. 4. Dugout is wider. 5. Mouth is different. 6. Nose is smaller.

Riddler

One day, Bob and Hannah were sitting out on their deck, sipping on some drinks. Bob ran into the house, got an empty two-liter bottle from the freezer and a quarter, and returned to the deck. "I bet you money that this quarter will move with nobody touching it." Hannah thought this was a sure win, however, she lost. When Bob placed the quarter on the mouth of the bottle, the quarter began jumping on one side and making popping sounds. How did Hannah lose?

Alpha triangle

1 Phosphorus for the chemist
2 Dad
3 Pod vegetable
4 Copied
5 Like most windows
6 Nymph of Greek myth
7 Foolish person



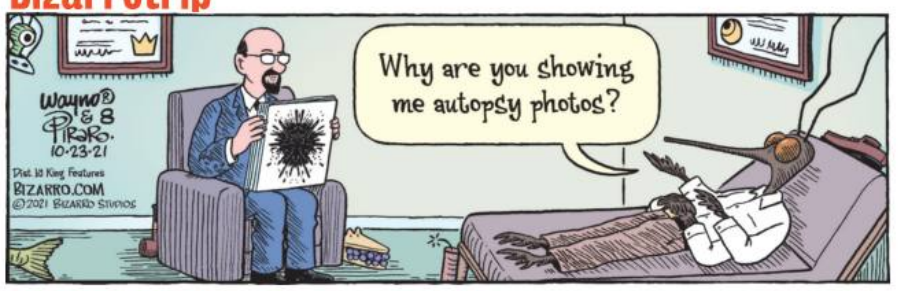
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip



Diamond Lil

Hart of the city

SO HOW ARE YOU LIKING PLAYING DUNGEONS AND ALSO DUNGEONS, HEART?
I LIKE IT!
ALTHOUGH I'M NOT SURE I UNDERSTAND THE TEAM ASPECT. I LIKE GOING MY OWN WAY!
HAHA, YEAH... WE CAN TELL.
HEART OF THE CITY © 2021 ANDREWS MCMEEL
GOCOMICS.COM/HEARTOTHECITY

Crankshaft

DAD, I THINK YOU MIGHT FIND YOURSELF GETTING A LITTLE CHILLY IN THAT LIGHT JACKET.
IT'S SUPPOSED TO BE PRETTY COLD.
YOU'RE RIGHT...
I SHOULD PROBABLY PUT ON MY ICEBREAKER JACKET.
© 2021 Mediagraphics, Inc. Dist. by Hoch America Syndicate
BATTLIK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you are blessed by the moon and may perform well at work. You can expect promotions or gains. You may want to change your current job. Relationship with seniors will improve. Former health issues will get cured now.

Taurus Apr 21 – May 20
Today, you are blessed by the moon. Things may be under control and you will enjoy work. Your focus may be good. This will reflect in your way of working. Your wisdom will help you make difficult decisions in your profession. Past investments may yield profits.

Gemini May 21 – Jun 21
Today you may feel dull. You may feel dissatisfied. You may not enjoy your day. You may become a victim of arrogance. This may affect your professional and domestic life. You may lack confidence, which may prevent you from doing something creative at work.

Cancer Jun 22 – July 23
Today, you may feel energetic. You may perform efficiently at work and your hard work may pay off. This may boost your confidence. Property disputes with siblings are likely to get resolved now. Your meeting with an influential person may boost your network. Disputes with your partner may also get resolved.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon, which may make you happy. You are polite to those around you. You may make some difficult decisions regarding business, with the help of your family members. You are likely to receive a big order with the help of your communication skills, which may boost business.

Virgo Aug 24 – Sep 23
Today, you are blessed by the moon. You may develop good internal strength and enjoy at work. You may enjoy romantic moments with your spouse, which may boost domestic harmony. You are likely to make new plans to start a new project. Perfectionism may help you to implement the plans successfully. Job seekers may find good jobs. Love birds must avoid discussions on worthless topics.

Libra Sep 24 – Oct 22
Today you may be disappointed. Control your arrogance or you may face losses ue to your harsh speaking. Love birds must be careful about discussions on worthless topics.

Scorpio Oct 23 – Nov 22
You may have peace in your mind. You may plan to invest capital in the business, which may boost liquidity in business. Earnings may boost your bank balance. You may enjoy romantic moments with your spouse, which may enhance harmony in family life. Singles may find good matches. Love birds may decide to marry.

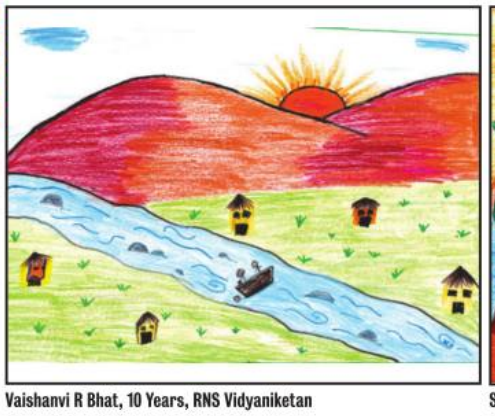
Sagittarius Nov 23 – Dec 22
Today you may be very happy as losses may convert to profits. Your boss may be happy and appreciate your work. You may experience some changes in your position at work, in terms of promotions. You may conquer opponents and hidden enemies. Love birds may make important decisions, in terms of marriage, with the help of relatives or friends.

Capricorn Dec 23 – Jan 20
Today the moon is positive. Your health may be good today .You may visit some religious place with family or friends. You may plan to donate some amount to any religious place or to a charity. Property deals may get done. You may plan overseas travelling related to work. You may also plan for higher education.

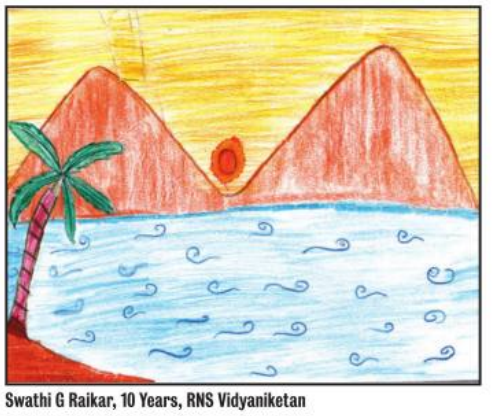
Aquarius Jan 21 – Feb 19
Today your moon is negative. You may become a victim of conspiracies. Avoid being involved in controversies. Strong willpower and blessings from elders may protect you from this messy situation. Avoid arguments in domestic life. Avoid rash driving or any adventurous tours.

Pisces Feb 20 – Mar 20
Today, you may be busy at work. You may be enthusiastic and speed up your project. You may be able to make quick decisions which will boost your business. You may be innovative in your partnership. Avoid investments in fixed assets in partnerships.

KIDZONE



Vaishanvi R Bhat, 10 Years, RNS Vidyaniketan



Swathi G Raikar, 10 Years, RNS Vidyaniketan

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=¾×¾ = ⅝ =¾+(⅝)² = ¾+³⅝⁴

MENSA PUZZLE
Hammer. The Hammer = 1, the File = 3 and the Axe = 5

QUOTE UNCODE
The art of being wise is the art of knowing what to overlook.

BULL'S EYE
lair, liar, lira, rail, rival, tail, trail, trial, trivia, TRIVIAL, vial, viral, vital

FAST FIVE

C	O	U	T	H
A	L	P	H	A
N	I	T	I	D
I	V	I	E	S
D	E	L	F	T

STRIKE OUT

E	M	M	E	T	S		R	A	T	A	T	A	T	
		N		B	L	A	N	C	H	E		N		
D		S	E	I	Z	E		O	R	S	O	N		
R	A	M		D	I	P	S		A	T	E	E		
A		E		L	U	B	E		P		V			
Z	Y	G	O	T	E		A	T	H	E	N	E		
	C		U		A	R	C		R		N		E	
N	A	U	S	E	A		T	O	H	E	E	L		
A		C		M	E	D	E			V		M		
L	E	A	N		N	E	R	O		N	D	A		
G	A	V	E	L		D	A	L	A	I		H		
	N		B	L	A	N	C	H	E		N			
D		S	E	I	Z	E		O	R	S	O	N		
R	A	M		D	I	P	S		A	T	E	E		
A		E		L	U	B	E		P		V			
Z	Y	G	O	T	E		A	T	H	E	N	E		
I		E		O		B	R	O		D		L		
W	O	B	B	L	E		A	T	E	A	S	E		

QUICK

M	O	B	S		R	E	B	U	T	T	E	D		
O		A		T		W		T		W		O		
B	E	S	I	E	G	E		T	R	E	N	D		
	Y		E		N			A		E		O		
D	I	S	I	N	T	E	G	R	A	T	E			
I		I		I		T		P		E		E		
C	O	P		S	A	H	I	R		R	O	Y		
K		R		P		I		A		H		E		
M	O	L	L	Y	C	O	D	D	L	E	S			
T	M		A			E		A		I				
I	M	P	L	Y		R	E	S	T	I	N	G		
P		T		E		S		H		R		E		
U	P	S	T	R	E	A	M		E	D	I	T		

RIDDLER
As the bottle had previously been in the freezer, the cool air inside expanded when placed in a warmer temperature and escaped through the only hole, or the mouth. However, while the quarter was blocking this passage way, the cool air could not leave. Therefore, the expanding cold air moved the quarter enough so a little cool air could come out of the bottle. The popping sounds were from the quarter landing back on the bottle.

SUDOKU

3	7	8	5	9	6	2	4	1
2	6	9	4	3	1	7	8	5
4	1	5	2	7	8	9	3	6
7	2	1	9	8	4	6	5	3
6	8	4	3	2	5	1	7	9
5	9	3	1	6	7	8	2	4
1	4	7	8	5	9	3	6	2
8	5	2	6	1	3	4	9	7
9	3	6	7	4	2	5	1	8

ALPHA TRIANGLE
p, Pa, Pea, Apad, Pared, Daphne, Pinhead.

GO FIGURE
Easy
8 + 9 – 3 x 2= 28
Medium
5 – 6 + 9 – 5 = 3
Hard
3 – 2 x 4 + 8=12

LOOP

KAKURO

Volume No 15, Issue No 134 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. ® Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Sush will take the risk to be happy

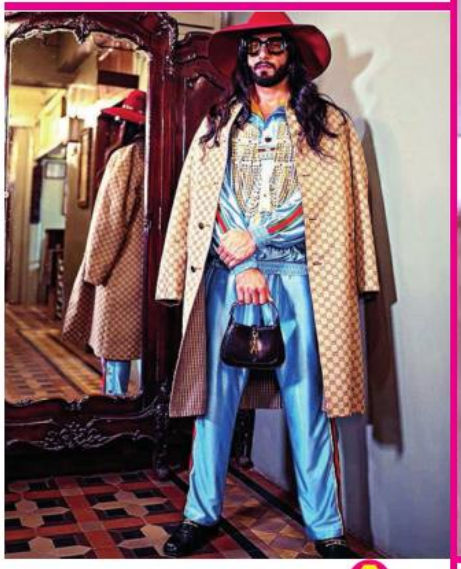
In her latest Insta post, Sushmita Sen expressed that she desires to take risks to be happy. "Taking a risk to survive takes Will...Taking a risk to be happy, that takes guts."

BangaloreMirror | 12
Monday, December 27, 2021
mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

The bold and the beautiful

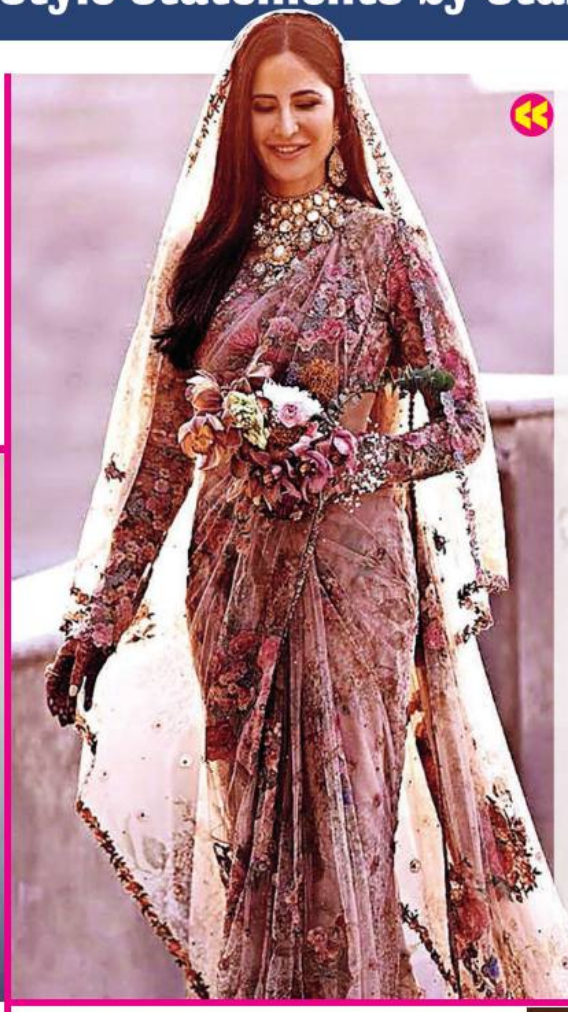
Check out top 5 style statements by stars this year

The year 2021 might have had a rough start owing to the second wave of covid-19 pandemic in India, however, it's safe to say that fashion took over towards the end. While it was a year of safe fashion, only a few Bollywood stars stood out with their style statements. From Rhea Kapoor paving the way for modern brides to Priyanka Chopra taking the fashion bar a notch higher with her bold choices, to Katrina Kaif blending aesthetics effortlessly, here's a lowdown on times when stars hit headlines with their style statements in 2021.



Ranveer Singh

While Ranveer Singh is always on top of his fashion game, he channelled his love for all things Gucci in his desi version of Jared Leto inspired look. He dropped pictures of himself donning a shiny jersey sweatshirt in blue that had a Gucci vintage logo. Featuring a high neck and metal buttons, and signature green-red detailing, the sweatshirt came with coordinated pants that further enhanced his long locks look.



Katrina Kaif

Katrina Kaif turned into a traditional Sabyasachi bride for her hush-hush wedding with beau Vicky Kaushal. While her wedding and pre-wedding festivities look served fashion notes for brides-to-be, one of her looks that really stood out was her delicate Sabyasachi saree. A tribute to her mother, Kat exuded elegance in pale pink hues with muted grey. The speciality of the look was the hand-cut English roses that embellished the couture ensemble, paired with a layered tulle, the silhouette of the saree reminded everyone of a traditional white wedding dress. Furthermore, she added a floor-length veil adorned with precious and semi-precious stones that perfectly complimented a statement choker from Sabyasachi and matching earrings, both made of uncut diamond, opals and Russian emeralds. Reportedly, the sari took 40 artisans over 1800 hours to hand-customise it for the big day!

Rhea Kapoor

Rhea Kapoor tied the knot in a bridal outing that had vintage written all over. Ditching traditional red, she opted for a classic ivory white chanderi saree by Anamika Khanna, and paired it with a half-sleeved blouse, embellished with intricate thread work. The whole look came together with a statement veil crafted from white pearls and adorned with blue drops. She finished off her look with retro inspired dramatic eye makeup and a toned-down look with heirloom jewellery.

Deepika Padukone

Actress Deepika Padukone made a dramatic entry at the Red Sea Film Festival in Jeddah while promoting her upcoming film '83' with Ranveer Singh. She took over the night in an off-shoulder frilly gown with dramatic sleeves and tiers down her waist. Her minimal makeup with a messy bun was paired just on point with statement silver earrings and her million-dollar smile!

Priyanka Chopra

Priyanka Chopra Jonas graced the Billboard Music Awards 2021 red carpet in a stunning barely-there 'naked' dress from the house of Dolce & Gabbana. The customised look came with a plunging neckline, thigh-high slit and a thick gold belt to hold it all together. The daring look was topped with classic diamond drop earrings, an opulent Bulgari bracelet with strappy gold heels. PeeCee's smokey eye makeup with bold brows and minimal makeup look further added the right amount of volume alongside her sleek-looking tresses for the night.

"We caught the reptile but then set it free"

It has been a crazy morning for Bollywood's Khandaan. You can imagine the fright that each and every member of Salman Khan's family got this morning when they learnt of a snake biting Salman Khan at his Panvel farmhouse.

"We were definitely worried when it happened and Salman rushed to the nearest medical centre to get an injection that is needed in such cases. Thankfully it turned out that the snake was not poisonous," Salim Khan, when contacted, told ETimes exclusively a few minutes ago.

And then what happened, we asked? Replied Salim Khan, "Well, he returned to the farmhouse and went to sleep for a few hours. As we speak, he is fine. There's nothing to worry- but yes, there was a scare."

Salim Khan revealed that his staff at their farmhouse does get bitten by snakes and scorpions at times, but most snakes near the jungle area of the farmhouse are not venomous. "The staff came racing when Salman got bitten and they caught the reptile in question. But I have always told them not to kill the non-poisonous snakes. So after we got to know that the one which had bitten Salman was not carrying any poison, we released the snake back into the jungle area, a little away but at a safe distance from our farmhouse."

Tomorrow is Salman's birthday. As usual, he will be celebrating it at his Panvel farmhouse. It remains to be seen who all from Mumbai will join him there, keeping in mind the threat from the new variant of covid.

-Vickey Lalwani, ETimes

Celebrating Celebrity

Find out how the who's who of B-Town celebrated Christmas and what they wished for us...

Watch this story come alive by pointing your phone camera at the QR code